

Cinnamon Oatmeal Pancakes

Makes: 10 Servings

Use your whole grain oats to make pancakes that taste good and are good for you.

Ingredients

1 1/2 cups flour
1 teaspoon baking powder
1/2 teaspoon salt
1 tablespoon cinnamon
1 egg
1 1/2 cups cooked oats
1 1/2 cups evaporated milk
1/4 cup water
nonstick cooking spray

Directions

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk, and water, and stir well.
3. Stir the oatmeal mixture into the flour mixture and stir until combined.
4. Heat a large skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls of batter into the skillet. Cook until bubbles show on the tops of the pancakes, about 2 to 3 minutes. Flip over and cook an additional 2 minutes, or until golden brown and cooked through.
6. Serve warm by themselves or top with canned or fresh fruit.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	2 g	
Protein	4 g	
Carbohydrates	20 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	190 mg	

